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Institutional Publications

Peacock Press

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2011

## Peacock Press / January - March 2011

Quality of Life Department, Naval Postgraduate School (U.S.)

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# Peacock Press

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QUALITY OF LIFE PROGRAMS • MONTEREY, CALIFORNIA

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**NAVAL SUPPORT ACTIVITY  
MONTEREY**

Captain Gerral David  
*Commanding Officer*

Pete Dausen  
*Deputy Director*

Megan Ryan  
*Quality of Life Director*

Courtney Silvestre  
*MWR Recreation Director*

Samuel Jepsen  
*Golf Course/RV Campground  
Manager*

Austin Daniells  
*Golf Course Superintendent*

Theresa Ikstrums  
*Child and Youth Programs Director*

Maria Farrell  
*School Liaison Officer*

Hugh Butler  
*Executive Chef*

Melanie Arellano  
*Catering Operation Coordinator*

Ina Andino  
*NGIS Manager*

Jodi Pallet  
*FFSC Site Manager*

Cecilia S. Legario  
*Marketing Coordinator*

MWR ADMINISTRATIVE OFFICE  
Herrmann Hall (Rm. 55)  
Open weekdays, 8 am-4:30 pm  
Closed weekends/federal holidays  
Phone: 831-656-2533

MWR BUSINESS OFFICE  
Open weekdays 8 am-4:30 pm  
Closed weekends/federal holidays  
Phone: 831-656-7954

PEACOCK PRESS  
MWR Department  
Naval Support Activity Monterey  
1 University Circle  
Monterey, CA 93943-5000

*The Peacock Press is a quarterly publication of the Quality of Life Department, Naval Support Activity Monterey. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy, nor does it imply endorsement thereof. Information may be subject to change without notice.*

*All phone numbers are in area code 831.*

## Travel/New Student Information Fair

Wednesday, January 5 • 11 am-2 pm  
in the Barbara McNitt Ballroom.

Stop by the Annual Travel/New Student Information Fair! Find out from our vendors what there is to do locally and throughout California.

Over 60 vendors! Lots of giveaways and fabulous prizes!

COST.....Free!

For more information, call 831-656-3223 or e-mail ITT@nps.edu.

## WINTER LEISURE TOURS

*Get out and  
see Something!*

*Price includes transportation and any admission fees! Prices are subject to change.*

### .....JANUARY

Jan 14-16 - **Las Vegas Winter Break Tour**..... \$178

Jan 22 - **San Francisco Tour**..... \$45

Jan 29 - **San Francisco Museum Tour**..... \$70  
(includes California Academy of Science and the De Young Museum)

### FEBRUARY .....

Feb 5 - **Golden State Warriors vs Chicago Bulls**..... \$80

Feb 12 - **Monterey Ghost Trolley Tour** ..... \$28

Feb 18-20 - **Disney Magic Tour**..... \$157

Feb 19 - **Chinese New Year Parade** ..... \$45

### .....MARCH

Mar 5 - **San Francisco Tour** ..... \$45

Mar 12 - **SJ Sharks vs. NY Rangers**..... \$75

Mar 19 - **Alcatraz / Pier 39 Tour**..... \$69

Mar 26 - **Monterey Local Wine Tour** ..... \$49

ITT is located in  
Herrmann Hall  
Quarterdeck,  
Room 126A, Bldg 220

**656-3223**



ITT is open  
Monday-Friday,  
9:30 am-4:30 pm



# INFORMATION, TICKETS & TRAVEL



The Information, Tickets, and Travel (ITT) Office has all you need to learn about what there is to do in the local area. We have discounted tickets for area tours, attractions, museums, amusement parks, seasonal attractions and more; not to mention the numerous hotel vouchers and car rental vouchers that are also available. Stop by and pick up some free brochures and get the fun started today! For more information, call 831-656-3223 or email [itt@nps.edu](mailto:itt@nps.edu).

INFORMATION, TICKETS  
& TRAVEL (ITT).....**831-656-3223**  
Herrmann Hall Quarterdeck (Bldg. 220)  
Open Mon-Fri 9:30 am-4:30 pm. Closed weekends and federal holidays.

## Disneyland Military Salute Tickets

now through Sept. 28, 2011  
for active, reservists and retired  
U.S. military personnel (including  
United States Coast Guard &  
National Guard) and up to five  
additional tickets for family  
members or friends. No more than  
six promotional tickets may be  
purchased by any eligible member (or spouse) pursuant to this offer.  
Disney Military Promotional  
3-Day Park Hopper tickets.....\$97.25



## ITT Is Now Selling Vacation Packages & Cruises!

If you are planning an upcoming vacation or cruise, stop by the ITT Office and let us be your travel agent! We work with all major cruise liners and travel groups such as Sandals, Beaches, Apple Vacation, Carnival Cruise Lines, Princess and many more! Come see what kind of a deal we can get for you!

## Cinemark Movie Tickets

The Cinemark movie tickets are a fantastic deal!  
There are no blackout dates and the tickets can be  
used any time with no expiration.

Movie Ticket .....\$8.00  
Concession Supersaver .....\$6.50  
(good for a small drink and a junior size popcorn)

## Cannery Row IMAX Theater

IMAX Adult .....\$9.25  
IMAX Child (ages 3-12) .....\$7.50  
Premium Adult.....\$13.00  
Premium Child.....\$11.50  
(premium good for any major motion picture)

## Monterey Movie Tours

If you are new to Monterey or simply interested in seeing its beautiful sites and learning where many famous movies were filmed, the Monterey Movie Tour is what you need! This three-hour adventure winds through Monterey, Pacific Grove and Carmel. See a side of Monterey you haven't seen before.

Adult/Senior.....\$27.00  
Child (15 and under) .....\$16.50

CALIFORNIA ACADEMY OF SCIENCES • AQUARIUM OF THE BAY • EXPLORATORIUM

## Go San Francisco Pass

ITT offers you an all access pass – the ultimate convenience, cost savings and flexibility for all the best things to do in the Bay area. The card provides **access to any and all of the 50 attractions** with the savings of up to 40% compared to buying separate tickets.

**Adult**  
\$47.50 (1 day)  
\$66 (2 days)

**Child 3-12**  
\$30.50 (1 day)  
\$46 (2 days)

NSAM Monterey ITT is now on

## facebook

Check out "Monterey ITT" to stay in the know!

EXPLORATORIUM • BAY CRUISES • SIX FLAGS • WINE TASTINGS & MORE!

## Roaring Camp Railroads

See California's towering redwood forests from two historic railroads on your next visit to the San Francisco or Monterey Bay areas. It all happens on the Roaring Camp Railroads in Felton.

Adult .....\$19.00  
Child (ages 2-12).....\$13.50

## Wine Country Explorer Pass

is your ticket to a complete Napa and Sonoma experience. For one price you get 16 great wine tastings and two beloved museums to include: Simi Winery, Cloe Pegase, Franciscan, the Napa Valley Museum and more.

Adult (2 days).....\$42.50

## Adventures by the Sea

Cannery Row and Lovers Point Locations

Kayak tour and all-day rental .....\$47.50  
Kayak all-day rental .....\$28.50

## See's Candies Gift Certificates

Stop by the ITT Office and purchase a See's Candies gift certificate, good for 1 lb. of chocolate for only \$12!

## Armed Forces Vacation Club (AFVC)

offers eligible military personnel great vacations at special prices. Go to [www.afvclub.com](http://www.afvclub.com) to search for your vacation, or call 1-800-724-9988. Mention promo code 860062 and your NSAM installation code #26.



# NSAM CLUBS & DINING

## EL PRADO DINING ROOM.....831-656-2170

The El Prado Dining Room serves breakfast and lunch Monday-Friday.

- Hot Breakfast: Mon-Fri 6:45-9:15 am
- Ala Carte Breakfast: Mon-Fri 6:45-10:45 am
- Lunch: Mon-Fri 10:45 am-1:15 pm

Closed on federal holidays.

## CAFÉ DEL MONTE.....831-656-7885

Located next to Dudley Knox Library. Open Monday-Thursday 6:30 am-4 pm & Fridays 6:30 am-2:30 pm, Saturday 9 am-1 pm.

Snacks always available. Closed on federal holidays.

- Breakfast 6:30-10:15 am
- Lunch 10:45 am-2 pm

Stop by Café Del Monte Mon-Sat mornings for a delicious Breakfast Burrito! Remember, breakfast is the most important meal of the day!

Café Del Monte features daily specials from around the world. Great prices! Quick service! Café Del Monte proudly brews Starbucks coffee!

Club Del Monte Daily Lunch Special Calendar can be accessed through the NSAM Intranet at <http://intranet.nps.edu>.

## CATERING.....831-656-1049

Herrmann Hall (Rm. 55) ground floor (Bldg. 220).

Open Monday-Friday, 8 am-4:30 pm. Closed weekends & holidays.

Have you booked your graduation party? Dates are still available to host a wonderful party in the Historic Hotel Del Monte (Herrmann Hall). Birthday parties, anniversaries, family gatherings and, of course, the Peninsula's most beautiful wedding reception location, the Barbara McNitt Ballroom, a nice venue for a most memorable event.

## TRIDENT ROOM.....831-656-7508

Herrmann Hall ground floor (Bldg. 220). Open Monday-Saturday.

- **Beverage Service:** Mon-Wed 4-10 pm & Thu-Fri 3-10 pm, Sat 4-9 pm
- **Dinner Service:** Mon-Sat 4-9 pm
- **Trident Room Burger Special!** \$7.75 x 6 pm. Order one of our delicious cheeseburgers by 6 pm and pay only \$7.75. Comes with your choice of fries or slaw and one of our ten draft beers or a fountain beverage.
- **Appetizer Special** - Buy one deluxe appetizer at \$6.25 or greater by 6 pm, get the second deluxe appetizer for \$3.25.

## St. Patrick's Day Specials

Thursday, March 17

### El Prado Dining Room Lunch Special

Corned Beef and Braised Cabbage,  
Buttered Baby Red Potatoes and Carrots \$7.95

### Trident Room Dinner Special

Corned Beef and Braised Cabbage, Buttered Baby Red Potatoes,  
Carrots, Soda Bread and Chocolate Cake \$13.50

- **Catch the Game** - Watch your favorite sports teams in the Trident Room on HD TV, showing Monday Night Football and March Madness Basketball.



## Trident Room Dinner Specials

Dinner is served Monday-Saturday from 4-9 pm in the Trident Room. Early Bird Dinner Special • 4-6 pm \$2 off Adult Menu Price.

**MONDAY...Seafood Cioppino** with scrumptious shrimp, calamari, crab, mussels & garlic bread Cost Adults \$15.25/Children (5-10) \$7.75



### TUESDAY...Prime Rib Night

moist & tender prime rib with au jus accompanied with horseradish, baked potato & sour cream.

Cost..... Adults \$16.25/  
Children (5-10) \$8

**WEDNESDAY...Bratwurst/Sauerkraut & Potato Salad** served with draft beer or fountain soda. Cost .....\$7.75

**THURSDAY...French Dip Sandwich** thinly sliced roasted beef served on a fresh-baked French roll with au jus, served with fries  
Cost.....Adults \$9.25/Children (5-10) \$4.50

**FRIDAY...Surf And Turf** grilled top sirloin steak & sauteed shrimp topped with beurre rouge sauce and served with scalloped potatoes & fresh vegetables Cost .....Adults \$17.75 /Children (5-10) \$9

**SATURDAY...Grilled Calamari Steak Sandwich** on a fresh-toasted bun with shaved iceberg lettuce and house-made tartar sauce served with sweet potato fries, Cost.....Adults \$9/Children (5-10) \$5

Club Del Monte is now on

**facebook**

Check us out to stay in the know!





# *All Hands* Super Bowl Party!

**Sunday, February 6 • 3-7 pm**

Come watch the game with MWR in the Trident Room and enjoy free food.

There will also be "Super Kid" movies in the La Novia Room.

For more information, call 831-656-7955 or email CommAct@nps.edu.

## Monday, February 14

4 - 8 pm in the La Novia Room

# Valentine's Day Dinner

### First Course, Choice of:

Lobster Bisque

or

Butter Lettuce with Marinated Artichoke Hearts,  
Roasted Red Peppers, Spanish Olives, and Feta Cheese served  
with a Raspberry Balsamic Vinaigrette

### Second Course:

Fruit and Cheese Plate

### Main Course, Choice of:

Sautéed Jumbo Prawns with Basil, Roasted Garlic  
and Cream Reduction

or

Grilled New York Steak with Hollandaise Sauce

or

Roasted Chicken Breast topped with Arugula, Prosciutto,  
and Smoked Gouda Cheese with Natural Jus  
served with

Sautéed Asparagus and Roasted Roma Tomatoes,  
Whipped Yukon Gold Potatoes with Chives

\$34 per person

Gratuuity not included

Reservations required

### Dessert:

Chocolate Ganache

To reserve your table,  
call 831-656-2170

or email mwratering@nps.edu

# LIBERTY PROGRAM

*Liberty events are open to all single and unaccompanied enlisted sailors assigned to NSAM or tenant commands. For more information, or if you need a ride to any of the trips, call 831-656-7955 or email Liberty@nps.edu.*

### LIBERTY PROGRAM

COORDINATOR ..... 831-656-7955

Herrmann Hall Room 60 (Bldg. 220)

### Dinner In The Trident Room

**Mondays, January 3, 10, 24 & 31;**

**February 7, 14 & 28; March 7, 14, 21 &**

**28** - Meet in the Trident Room at 5:30 pm

to enjoy delicious food. (Bring money for drinks.) Cost.....Free!

### Nooners

**Wednesdays, January 5, 12, 19 & 26;**

**February 2, 9, 16 & 23; March 2, 9,**

**16, 23, & 30** - Head over to the Fitness

Center on your lunch break to play some

2-on-2 or 3-on-3 basketball and win

prizes. Cost .....Free!

### Trip To Phat Burger

**Tuesday, January 11 • 5:30 pm**

Join MWR as we visit one of the best

burger shops in town! Sign up a day

before. Cost ..... FREE!

### CineMark Movie Night

**Fridays, January 21, February 18 &**

**March 18** - Here is your chance to see

one of the latest movies at no cost! Meet

up at the Del Monte Center for a FREE

dinner and a movie. Sign up the day

before. Cost .....Free!

### Golden State Warriors vs. Chicago Bulls

**Saturday, February 5** - Watch the Warriors

take on the Chicago Bulls. Transportation

and tickets included. Leave NPS NEX at

5 pm and return approximately by 11 pm.

Cost.....\$40

### Saturday Slopes

**Saturday, February 5, 12, 19 & 26**

Choose a Saturday in February to spend

the day skiing. Includes transportation,

rentals and lift ticket. Depart NPS NEX at

3 am. Cost .....\$50

### Trip To Croce's

**Tuesday, February 15 • 5:30 pm**

Join MWR at Croce's for dinner. Sign up a

day before. Cost ..... FREE!

### SJ Sharks vs NY Rangers

**Saturday, March 12**

Go see the Sharks take on the Rangers.

Transportation and tickets included. Sign

up by Friday, March 4. Depart NPS NEX

5:15 pm, return 9:30 pm. Cost....\$37.50

### Trip To Karma Café

**Tuesday, March 15 • 5:30 pm**

Join MWR for some Indian food. Sign up a

day before. Cost ..... FREE!



# NSAM FITNESS & SPORTS

NSAM MWR FITNESS  
& SPORTS CENTER .....831-656-3118  
Bldg. 208 / Email: FitnessC@nps.edu  
Hours of Operation:  
Mon-Fri 5:30 am-9 pm  
Sat 8 am-4 pm, Sun 11 am-4 pm  
Closed all federal holidays.

## Fitness & Sports Center MEMBERSHIP

*Active duty, reservists, retirees and their family members are eligible for a FREE membership.*

Daily Fitness Membership Fee  
Military/Family Members/  
DOD/NEX.....Free  
Contractors/Guests/  
DOD Family Members ..... \$3

Monthly Membership Fee  
Contractors/DOD/Family Members ..... \$25

Six-Months Membership Fee  
Contractors/DOD/Family Members ... \$138

Annual Membership Fee  
Contractors/DOD/Family Members ... \$250

## Personal Trainers

Maximize your time in the Fitness & Sports Center, reach new fitness goals, improve functional strength and improve performance. Come by to meet one of our personal trainers. Fitness tests are available.

- Half-hour session ..... \$20
- Hour session..... \$40
- 6 one-hour sessions ..... \$225
- 10 one-hour sessions..... \$350
- Body Analysis ..... \$5

*By appointment only.*

## Cardio Equipment Orientation

available on a walk-in basis. If you have questions about a machine or how to use a program on the cardio equipment, stop by the front desk and ask for any of our Navy Fitness certified staff to maximize your time at the gym.

## Year-Round Fitness Challenge

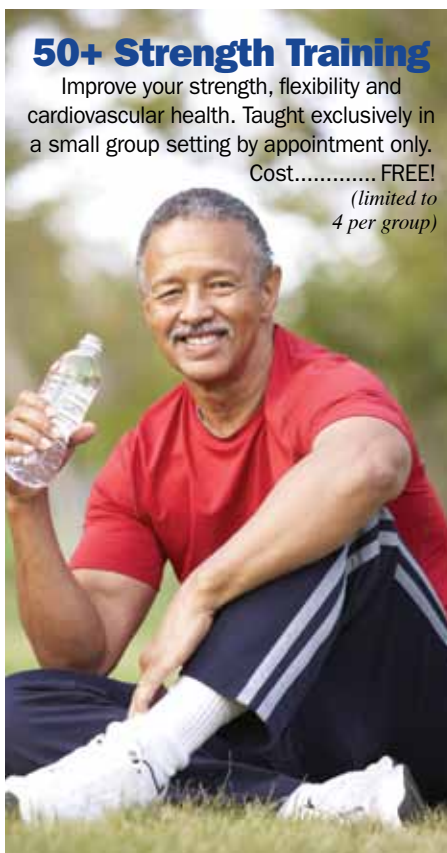
It's time to work out for PRIZES! Work out for a cumulative amount of time and earn a variety of prizes. Patrons may participate in outdoor and indoor activities! Sign up at the Fitness & Sports Center. Cost ..... FREE!

*Open to all NSAM MWR Fitness  
& Sports Center members!*

## 50+ Strength Training

Improve your strength, flexibility and cardiovascular health. Taught exclusively in a small group setting by appointment only.

Cost..... FREE!  
(limited to  
4 per group)



## Judo Club

**Monday & Wednesday • 6:30-8:30 pm**

Male & Female Judo Classes meet at the Fitness & Sports Center

Instructor: Professor Richard Riehle

- Olympic and Kodokan-style Judo
- Tournament and recreational Judo
- Improve your physical fitness while learning a new sport at the same time
- Beginners are welcome!

For more information call the Fitness & Sports Center at 831-656-3118 or email [rdriehle@nps.edu](mailto:rdriehle@nps.edu).

*NOTE: Participant must become a member of the United States Judo Federation, Inc. Membership is \$50/year. Application available at the MBAC front desk.*

## Aerob-A-Thon!

**Thursday, January 6 • 10 am-1 pm**

Let us help you with your New Year's Resolution! Come in and sample all our classes and meet our instructors! This three-hour challenge will be split into 30-minute sessions of ZUMBA, YOGA, SPINNING, POWER YOGA, POWER FLEX and PIYO. Beverages and door prizes provided to all participants.

Cost.....FREE!



## FITNESS CLASSES

### MONDAY

6:30 am.....Military-FEP CFL  
9-9:50 am.....Yoga  
11-11:50 am.....Power Flex  
12:12:50 pm.....Spin Interval  
4:30-5:20 pm.....Yoga  
5:30-6:20 pm.....Spin  
6:30 pm.....Judo

### TUESDAY

10-10:50 am.....PiYo  
11-11:50 am.....Zumba  
12:12:50 pm.....Spin  
4:30-5:20 pm.....Muscular Power Flex  
5:30-6:20 pm.....Yoga

### WEDNESDAY

6:30 am.....Military-FEP CFL  
9-9:50 am.....Power Yoga  
11-11:50 am.....Power Flex/Interval  
12:12:50 pm.....Cardio Kick  
4:30-5:20 pm.....Zumba  
5:30-6:20 pm.....Spin  
6:30 pm.....Judo

### THURSDAY

10-10:50 am.....PiYo  
11-11:50 am.....Zumba  
12:12:50 pm.....Spin  
4:30-5:20 pm.....Muscular Power Flex  
5:30-6:20 pm.....Yoga

### FRIDAY

6:30 am.....Military-FEP CFL  
11-11:50 am.....Power Flex

## ZUMBA Classes

**Tuesdays & Thursdays • 11-11:50 am**  
**Wednesdays • 4:30-5:20 pm**

Join our energetic instructor in this 50-minute fusion of cardio, hip hop, salsa and aerobics. ZUMBA blends hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

## St. Patrick's 5K Run

**Friday, March 18 • 3 pm**

in front of Herrmann Hall. Run or walk 2 laps around NPS. Prizes for first and second place in 17+ age categories! Children (ages 4-16) will receive a medal. Register at the Fitness & Sports Center.



## LEAGUES & TOURNAMENTS

**Sign up at the NSAM MWR Fitness & Sports Center front desk. Must be 17 and out of high school to participate. For more information about these programs, contact 831-656-3118, MWR Fitness & Sports Center, or email fitnessC@nps.edu.**

### Adult Basketball League

begins January 10. Games are played at 6, 7 & 8 pm on Mondays and Wednesdays at the Fitness & Sports Center. Rosters are due by January 5. Prizes for 1st and 2nd place winners. Sign up at the Fitness & Sports Center front desk.

### Adult Volleyball League

begins January 11. Games are played at 6, 7 & 8 pm on Tuesdays only at the Fitness & Sports Center. Rosters are due by January 6. Prizes for 1st and 2nd place winners. Sign up at the Fitness & Sports Center front desk.

### Volleyball Tournament

Thursday, January 13 • 5-7 pm at the Sports & Fitness Center.  
Sign up by January 6.



### Adult Soccer League

begins January 15. Games are played at 9 & 10:30 am, and 12 noon & 1:30 pm on Saturdays only at the La Mesa Soccer Field. Rosters are due by January 7. Prizes for 1st and 2nd place winners. Sign up at the Fitness & Sports Center.

### Dodgeball Tournament

Thursday, February 10 • 5-7 pm at the Sports & Fitness Center. Sign up by January 28.

### Ultimate Frisbee Tournament

Thursday, March 10 • 5-7 pm at the Sports & Fitness Center. Sign up by February 25.

## MONTEREY PINES GOLF COURSE

MONTEREY PINES  
GOLF COURSE ..... 831-656-2167

19TH HOLE GRILL ..... 831-656-7799  
Located at Monterey Pines Golf Course.

GOLF SHOP ..... 831-656-2167  
Located at Monterey Pines  
Golf Course. Open daily 6:30 am-5 pm.

### Golf Fees:

	WEEKENDS/ M-F	HOLIDAYS
Military .....	\$18	\$20
Military Twilight .....	\$15	\$15
Military Super Twilight .....	\$10	\$10
Military Jr. ....	\$10	\$10
DOD .....	\$25	\$27
DOD Twilight .....	\$20	\$22
DOD Super Twilight .....	\$15	\$15
Civilian .....	\$34	\$37
Civilian Twilight .....	\$25	\$27
Civilian Super Twilight .....	\$15	\$15

Cart Rental ..... \$13 Per Rider  
Club Rental ..... \$25 Civilian / \$15 Military  
Pull Cart ..... \$5  
Range Balls ..... \$6 (70 Balls)

Golf Instruction  
1/2 Hour ..... \$40  
Series of 5 ..... \$175  
PGA Professionals Sam Jepsen & Neil Larkin

(Prices are subject  
to change without notice.)



**Monterey Pines**  
GOLF CLUB

Golf is a year-round activity in Monterey and Monterey Pines Golf Club has become a year-round favorite for Monterey Peninsula golfers. Those who have played are unanimous in their assessment of the course – challenging for all, well conditioned, great pace of play and friendly staff. If you are looking for a regular golf game, we have an active Golf Association that plays monthly tournaments and a Women's Group that plays every Wednesday. Information and entry forms for each group are available in the Pro Shop.

**The Monterey Pines Grill & Bar** offers a private banquet room for meetings and special events, a dining room with a bar area and multiple televisions in each room. Monterey Pines is a great place for golf, lunch, meetings or to just sit outside with friends and chat. To reserve our meeting room for your next business or civic meeting, contact the Food & Beverage Manager, Tim Fisher, at 831-656-7799.

**Golf Outings at Monterey Pines** are a great way to celebrate an important event or get together with a group of friends and enjoy a round of golf. The golf staff provides professional tournament management and invites you to contact them for your next event. No matter the size of your group, we'll assist you with preparation of scorecards, long drive and closest to hole markers, cart signs, scoring and prizes. Contact our Tournament Director, Sam Jepsen, at 831-656-7659 for information and scheduling your next event.

## Pro's Pointers

Sam Jepsen, PGA

Your only contact with the club is on the grip. A proper grip allows the club to swing freely and the body to react naturally to the swinging motion of the club head. Distance and direction are maximized when your grip allows motion in your swing. A proper golf swing is done with "Effortless Motion." Without a proper grip, and proper grip pressure, the result is "Motionless Effort."

PGA Professionals Sam Jepsen and Neil Larkin invite you to visit the golf shop and let them evaluate your grip and make suggestions for improvement. It may be the best five-minute lesson you've ever had!

**The Golf Shop** stocks the latest in golf apparel and equipment and offers competitive pricing on all merchandise. We invite you to "test drive" our demo clubs. One of our PGA Professionals will assist you in selecting and fitting you with the clubs that best fit your swing characteristics.

**Golf Instruction** PGA Members Sam Jepsen and Neil Larkin offer private and group Golf Instruction. Lesson packages can be designed to meet each student's needs, whether it's just one lesson for a "tune-up" or a series that covers putting, chipping, pitching, bunker play, the full swing and on-course play. If you're new to the game, a series of five lessons will familiarize you with the fundamentals of the golf swing, golf terminology and give you the knowledge and confidence to go to a golf course and play a round of golf. Contact Sam or Neil at 831-656-2167 for lesson information and scheduling.





# CHILD & YOUTH PROGRAMS

Child and Youth programs are provided for children 6 weeks to 17 years of age in state-of-the-art facilities. Facilities are within walking distance from homes in La Mesa Village. The La Mesa Elementary School is right next door to the Child Development Center and up the street from the Tech Connection. All programs are open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. For more information, call 831-656-2734 or email CDCAdmin@nps.edu. Request for childcare is available online at [www.mwr.navy.mil](http://www.mwr.navy.mil).

## Child Development Homes Program

The Child Development Homes Program offers Navy Certified childcare by military family members in their homes.

## Child Development Center (CDC)

For children between the ages of six weeks and five years. The Child Development Center in La Mesa Village is the place for you! Full-time childcare Monday-Friday 7 am-6 pm. For more information, on any of these activities, call 831-656-2734 or email CDCAdmin@nps.edu.

## Central Enrollment & Hourly Care

Parents can book for hourly care 30 days prior on a space available basis. Children must be registered with current immunizations and a health assessment. Registration packets for hourly care can be picked up at either the Tech Connection (Bldg. 444) or the Child Development Center (Bldg. 439) in the La Mesa Housing area. To schedule an appointment for registration, contact Ms. Michele Johnson, Central Enrollment and Wait List Clerk at 831-656-7607. Feel free to leave a message and your call will be returned as quickly as possible.

## PARENT EDUCATION OPPORTUNITY: "Kindergarten Readiness"

**Friday, March 11 • 11 am-Noon**

Join us at the Tech Connection for an informational gathering of what constitutes "Kindergarten Readiness" in the Monterey Peninsula Unified School District. This meeting will be hosted by Carol Jensen-Roble, Training and Curriculum Specialist at the Tech Connection. Childcare will be provided with advance sign-up. Call 831-656-2127 to sign up for childcare.

## Parent/Teacher Conferences

will be held from February 1-11. Sign up with your child's primary teacher for your child's conference day and time. Conferences will be held at the Tech Connection, however, sign-ups are in your child's individual classroom. Conference days and times can be modified by parental request if a specific day and time is needed.

## Friendship Teas

**Monday, February 14**

**& Tuesday, February 15**

Full-Day Program will hold their tea on Monday, February 14 at 3 pm. Part-Day Preschool tea will be held at 11 am on either February 14 or 15, depending on the day of your child's program. Come spend time with your child in his or her classroom as we celebrate friendship. See your child's teacher for more information.

## Parent Involvement Board Meeting

**Friday, February 11 • 12-1 pm**

at the Tech Connection. Childcare will be provided with advance sign-up by calling 831-656-2127.

## TECH CONNECTION

Have children ages 13-18? Are they looking for a place to hang out with other teens? Stop by and pick up a registration packet. Our staff would love to show you around and tell you about our programs and events.

## School Age Care

If you need afterschool care or Spring Break Camp (K-6 grade), go online to [www.mwr.navy.mil](http://www.mwr.navy.mil). mil: click on the Child & Youth Programs; click "I Need To APPLY FOR CHILDCARE" Fill out: REQUEST FOR CARE RECORD. You will be contacted by one of our staff once your request has been received. Afterschool hours of operation are 2-6 pm. Hourly care is available.

## Open Recreation Program (ages 10-12)

**Wednesday-Friday • 3-5:30 pm**

Children attending Open Recreation from 3-5:30 pm on Fridays can join the activities planned specifically for the 10-12 year olds. For registration and program information, call 831-656-2127 or e-mail Sportsman@nps.edu.

*Note that children must be at least 10 years of age and have a signed Self-release form to join. Registration and program information available at the Tech Connection.*

**CHILD DEVELOPMENT CENTER .....831-656-2734**  
Located at 2 La Mesa Way, Bldg 439 La Mesa Village next to La Mesa Elementary School. Open Mon-Fri 7 am-6 pm. Closed all federal holidays.

**CHILD DEVELOPMENT HOMES.....831-656-2734**  
Available within La Mesa Village. Contact the Child Development Center for information.

**TECH CONNECTION .....831-656-2127**  
La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Mon-Fri 2-6 pm while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days, 7 am-6 pm. Youth & Teen Open Recreation, Mon-Fri 2-7 pm while school is in session and 12-6 pm during breaks.

## Open Recreation Program (ages 5-12)

**Friday 6-10:30 pm & Saturday 10 am-2 pm**

## The Spot

Grades (7-12) Monday-Friday 3-7 pm  
Teen Open Recreation Hours (Grades 7-12)  
Monday, Tuesday, Thursday, and Friday 3-7 pm;  
Wednesday 1:30-7 pm

## YOUTH SPORTS & CLASSES

### **Ballet** TUESDAYS (for children ages 3-10)

Registration is ongoing. Classes are 4 and 5 week sessions. Must have a minimum of three students to run. Come to the Tech Connection to sign up and pick up class schedules.

Cost..... \$48-\$60  
depending on number of weeks in session

### **The First Tee Golf Program**

(Military Affiliate Program for ages 6-17)  
Class starts at 3:45 pm. Young people are introduced to the First Tee through Life Skills experience, a character education curriculum developed by experts in the field of positive youth development. All classes are taught by Certified First Tee Instructors. Sign up at the Tech Connection prior to the next class. For more information call 831-656-1840 or email Sportsman@nps.edu.

Cost..... FREE!

## *Registration Time!*

### **Youth Baseball** (ages 5-13)

#### **Registration February 7-March 4**

Practices begin in March. Games begin the first week of April and run through the second week of June. The game schedule will be out in March. Cost .....\$45

## NSA MONTEREY SCHOOL LIAISON

*Your School Liaison Officer Office is located in La Mesa Village, 1280 Leahy Rd. Bldg 2. The School Liaison Officer (SLO) specializes in serving military families in all K-12 educational concerns. Your SLO provides up-to-date academic resources and information for anything school-related. Contact your SLO for enrollment and graduation requirements, special education resources, tutoring referrals, college readiness information and scholarship opportunities. For more information, contact Maria Farrell at 831-656-1008 or email mfarrell@nps.edu.*

### **Brown Bag With the School Liaison Officers**

**Thursday, February 17 • 12-1 pm**

at the Fleet and Family Service Center,  
1280 Leahy Rd, La Mesa Village.

Join the School Liaison Officers  
for school board meeting  
highlights and a Q & A.

RSVP to Maria  
Farrell by Thursday,  
February 10.

For additional  
information, call  
831-656-1008.

### **Military Homeschoolers Meeting**

**Wednesday, January 19 • 10-11 am**

**Wednesday, February 16 • 10-11 am**

**Wednesday, March 9 • 10-11 am**

at Porter Youth Center, Ord Military Community.  
The School Liaison Officers from Naval Support  
Activity Monterey and the Presidio of Monterey  
co-host a homeschool meeting each month. Join us  
to network, share ideas, plan activities and establish  
connections. Bring your children and connect with other  
military homeschool families. RSVP to Maria Farrell by Monday,  
January 17. For additional information, call 831-656-1008  
or email mfarrell@nps.edu.





**Stay at the Visitors Quarters  
at the historic Hotel Del Monte!**

## NAVY GATEWAY INNS & SUITES

Located in Bldg 220, Herrmann Hall Quarterdeck  
(Rm 118) .....**831-656-2060**

Join us and stay at the Navy's finest Visitors Quarters at the Hotel Del Monte. Open to active duty, retired military and DOD personnel. Accommodations range from standard to DV rooms. Restaurant and bar on site. Space available reservations can be made 7 days prior to arrival for up to a 7-day stay. Note that effective October 1, 2010, our rates increased by \$5 per night. Explore our new NGIS Monterey website at [www.nps.edu/Services/NGIS](http://www.nps.edu/Services/NGIS). For more information, call 831-656-2060, or email [npsvqrsrv@nps.edu](mailto:npsvqrsrv@nps.edu).



## NAVY LODGE

1100 Farragut Road, Monterey. Open daily. ....**831-372-6133**

The Monterey Navy Lodge is open to all active duty military members and their families, retired military, reservists, DOD personnel, International military, U.S. Public Health Service, Red Cross, and the National Oceanic and Atmospheric Administration. You can count on us for a spacious and comfortable room with a fully-equipped kitchenette. The Monterey Navy Lodge is located within walking distance to the Housing Welcome Center, La Mesa Elementary School, NEX Mini-Mart, the Family Service Center and a short drive to the Naval Postgraduate School, Navy Exchange, MWR Fitness & Sports Center, Defense Language Institute at the Presidio and the Monterey U.S. Coast Guard Station. Included in many of our standard guest comfort amenities; we proudly serve free Seattle's Best Coffee in our guest rooms and in our lobby. We provide daily newspapers at no cost and free "Breakfast to Go" available daily from 6-9 am. Navy Lodges also offer a limited number of dedicated pet-friendly rooms at a nominal fee. If you are travelling with a pet, call the Navy Lodge Central Reservation Center at 1-800-NAVY-INN (800-628-9466).



## MONTEREY PINES RV CAMPGROUND

.....**831-656-7563**  
Located on Fairgrounds Road at Garden Road by the  
Monterey County Fairgrounds. Open daily.

Located deep within the serene Monterey Pines Recreation Complex, Monterey Pines RV Campground is OPEN YEAR ROUND to all active duty, reservists, retirees, family members and DOD civilians. 30 full hook-ups, 8 partial hook-ups, bathhouse and coin-op laundry facilities. VISA & Mastercard accepted.

## OUTDOOR RECREATION

.....**831-242-6133/5506**  
Presidio of Monterey, Bldg. 228, Lewis Hall. Open Mon-Fri 10:30 am-2 pm & 3-6 pm

The Presidio of Monterey Outdoor Recreation Center offers extensive summer programs, hands-on training, trips and more! Rental equipment is available for camping, skiing, boating and fishing. Rentals include boats, buses, vans and trailers. Certification classes are offered in scuba diving, surfing, mountain and rock climbing. Vacation rentals are a short distance away in South Lake Tahoe where patrons can enjoy condominiums, cabins and hotel rooms. [www.pom-odr.com](http://www.pom-odr.com).

## MONTEREY NAVY FLYING CLUB

.....**831-372-7033**  
[www.montereynavyflyclub.com](http://www.montereynavyflyclub.com)



So, what have you done lately? Did you always want to learn to fly? Are you a pilot, but figured you just couldn't fly during your time in Monterey? Have you thought of how beautiful the Monterey area is, and wanted to see it from a different perspective?

We have what you need. Our fleet of training and pleasure aircraft are available at reasonable rates. We also have a bright yellow T-34B Mentor for the more advanced pilots or adventurous tourists. If you need instruction, our professional flight instructors are available to meet your busy schedule. If you just want to see the area from the air, we have many experienced pilots willing to share the joy of flight with you (and some of the costs, of course!). Our aircraft and facilities are available 24/7 to club members.

It is always a great time to go flying in the Monterey Bay Area. Check out our website at [www.montereynavyflyclub.com](http://www.montereynavyflyclub.com), or drop us an email at [mnfc@nps.edu](mailto:mnfc@nps.edu). Do something different. Start living your dreams today.



## PRESIDIO VETERINARY TREATMENT FACILITY

.....**831-242-7718**  
Located in Bldg. 4380, Ord Military Community  
Open Mon & Fri 8 am-1 pm and Tue-Thu 8 am-  
Noon & 1:30-4:30 pm

The Presidio of Monterey's Veterinary Treatment Facility, located on the Ord Military Community, offers vaccinations, an outpatient clinic, heartworm testing, microchip identification, health certificates, pet registration and over-the-counter sales. For emergencies, contact your local veterinarian.



## FLEET & FAMILY SUPPORT CENTER

831-656-3060/760-2329 (hot line)

1280 Leahy Road.

Open Mon-Fri 8 am-4:30 pm

## CLASSES

For full description of FFSC workshops, visit us at <http://www.nps.edu/ffsc/index.html> or call 831-656-3060.

The following services are available by appointment:

- Resume and Federal Application Review
- Spouse Employment Assistance Program
- Individual Relocation Counseling
- Individual Financial Counseling

### Individuals, Couples & Family Counseling

Mon, Tue, Thu & Fri 8:30 am-4:30 pm

Wed 10 am-4:30 pm

### EMPLOYMENT

#### Electronic Job Banks

Mon-Fri, Computer time available, no appointment is necessary

#### Resume Writing

- Wed, Jan 19, 1-3 pm
- Fri, Feb 18, 1-3 pm
- Tue, Mar 15, 1-3 pm

#### Interviewing Skills

- Fri, Jan 21, 1-3 pm
- Thu, Feb 24, 1-3 pm
- Thu, Mar 17, 1-3 pm

#### Job Search Strategies

- Tue, Jan 11, 1-3 pm

#### Federal Employment System

- Wed, Feb 23, 1-3 pm
- Thu, Apr 28, 1-3 pm

### FINANCIAL MANAGEMENT

#### Million-Dollar Sailor

- Sat-Sun, Feb 12-13, 8 am-4 pm

#### Car Buying Strategies (New/Used)

- Sat, Feb 26, 1-3 pm
- Tue, Mar 8, 1-3 pm

#### Basic Savings and Investment

- Thu, Feb 3, 1-3 pm
- Tue, Feb 22, 630-8 pm

#### Credit Management

- Wed, Feb 23, 630-8 pm
- Tue, Mar 1, 1-3 pm

We support the military by providing a wide range of services and assistance that respond to personal and family needs that positively impact the quality of life for our service members and their families. Classes are free of charge. Reservations are required three working days prior to class. A minimum of four reservations are required or class will be cancelled. All classes are held at the Fleet & Family Support Center-La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. Childcare is available. Contact us for more information at 831-656-3060. We are open at 8 am-4:30 pm, Mon-Fri; however we are now offering evening & weekend classes with the possibility of free childcare. **Volunteer opportunities are available!**

### Investment and Saving II

- Thu, Feb 24, 6:30-8 pm
- Tue, Mar 1, 11 am-1 pm

### Home Foreclosure Protections

- Wed, Feb 2, 12 noon-1 pm

### Preparing a Personal/Family Budget

- Fri, Feb 25, 1-3 pm

### RELOCATION

#### Transferring CONUS

- Thu, Jan 27, 10 am-12 Noon
- Thu, Feb 24, 4-6 pm
- Mon, Mar 21, 1-3 pm

#### Transferring OCONUS

- Tue, Feb 1, 4-6 pm

### SPONSOR

#### Sponsor Training

- Thu, Jan 6, 4-6 pm
- Thu, Mar 3, 1-3 pm

### LIFE SKILLS

#### Suicide Prevention Awareness

- Thu, Jan 20, 1-3 pm
- Mon, Feb 7, 4-6 pm
- Thu, Mar 10, 10 am-12 noon

#### Anger Management

- Wed, Jan 12, 2-4 pm
- Mon, Mar 14, 4-6 pm

#### Stress/Time Management

- Mon, Jan 24, 4-6 pm
- Wed, Feb 9, 6-8 pm
- Thu, Mar 24, 1-3 pm

### FAMILY AND SPOUSES

#### Couples Communication

- Thu, Feb 3, 6-7 pm
- Tue, Mar 22, 4-6 pm

#### New Spouse Orientation

Mon, Jan 10, 10 am-12 noon

Tue, Feb 15, 3-5 pm

Mon, Mar 7, 6-8 pm

#### Parenting Skills

- Tue, Jan 18, 4-6 pm
- Tue, Feb 22, 6-8 pm
- Wed, Mar 16, 1-3 pm

#### Anger Management for Teens

(held at Tech Connection)

Wed, Jan 26, 4-6 pm

Thu, Feb 17, 4-6 pm

### DEPLOYMENT

#### Pre-Deployment/Mobility Briefing

Fri, Jan 28, 1-2 pm

#### Mid-Deployment/Mobility Briefing

Fri, Feb 11, 1-2 pm

#### Post-Deployment Return & Reunion

Fri, Mar 25, 1-2 pm

#### IA Spouse Discussion/ Support Group Meeting

- Wed, Jan 12, 11 am-12 noon
- Wed, Feb 9, 11 am-12 noon
- Wed, Mar 9, 11 am-12 noon

### TRANSITION

#### TAP (Transition Assistance Program) Workshop

(Must register to attend: 831-656-3060)  
Tue-Fri, Feb 15-18 • 8 am-4 pm

#### "TAP: CARIT Briefing"

Mandatory for Navy personnel not retiring.

- Fri, Feb 18, 10 am-12 noon

#### CONSEP I (Career Options & Navy Skills Evaluation Program)

• Sat-Sun, Mar 12-13 & 19-20, 8 am-4 pm  
Offered every quarter.

### SEXUAL ASSAULT/ DOMESTIC VIOLENCE

#### SAPR (SAVI) Advocate Refresher Training

- Fri, Jan 21, 1-3 pm
- Fri, Feb 11, 1-3 pm
- Fri, Mar 18, 1-3 pm

### FOR COMMAND APPOINTED PERSONNEL

#### SAPR POC Training

- Thu, Feb 10, 9-1 pm

#### SAPR Liaison Training

- Fri, Jan 28, 8-430 pm

#### SAPR DCC Training

- Fri, Mar 4, 9-11 am

### OMBUDSMAN

#### Ombudsman Basic Training

- March 14-16 (3-day training):  
Mon & Tue 8 am-4 pm, Wed 9 am-1 pm





Morale, Welfare and Recreation Department  
Naval Support Activity Monterey  
1 University Circle  
Monterey, CA 93943-5000



CHECK OUT MWR'S WEBSITE! [www.nps.edu/Services/MWR](http://www.nps.edu/Services/MWR)

free movies

## Free Movies & Free Popcorn

Every Wednesday evening at 6:30 pm in the El Prado Room

January 5 .....	Green Zone (R)	March 2 .....	The Last Airbender (PG)
January 12..	The Karate Kid (PG)	March 9 .....	The A-Team (PG13)
January 19....	Iron Man 2 (PG13)	March 16 ..	Dinner for Schmucks (PG13)
January 26 .....	Prince of Persia (PG13)	March 23 .....	Grown Ups (PG13)
February 2 .....	Marmaduke (PG)	March 30 .....	Killers (PG13)
February 9..	Letters to Juliet (PG)		
February 16.....	Eat Pray Love (PG13)		
February 23..	Robin Hood (PG13)		

Call 831-656-7955 or email  
[CommAct@nps.edu](mailto:CommAct@nps.edu)  
for more information.

## MWR ADVISORY BOARD MEETINGS

- Wednesday, January 5 • Noon
- Wednesday, March 2 • Noon

All Departments of Naval Support Activity Monterey, NPS and tenant commands are encouraged to send representatives to these informative bi-monthly meetings held in the La Novia Room, Herrmann Hall, Bldg 220. This is your opportunity to gather the latest MWR information and to share your organization's feedback with key MWR personnel. For more on how your command can take part in the MWR Advisory Board, call the MWR Admin Office at 831-656-2533.



**V DAY**  
**Speed Dating**  
**Saturday, February 12**  
**5-7 pm**  
**in the Trident Room**

*Don't miss out on the opportunity  
to meet that special someone!*  
Open to All Hands.

To participate in the Speed Dating  
event, register by calling 831-656-7955  
or e-mail [CommAct@nps.edu](mailto:CommAct@nps.edu).  
Sign up by Friday, February 4.  
Cost ..... Free!